

Teen Physical Activity: Wyoming, 2011

Wyoming Department of Health

2014

Physical Activity Among Wyoming Teens

Overview

Obesity rates among adolescents have more than 43.7% of Wyoming teens did not attend physical tripled in the past 30 years, from 5% in 1980 to 18% in 2010.1 Adolescents who are obese are more likely to be obese as adults and more at risk for health problems including: heart disease, diabetes, and stroke. Physical activity is a key component of maintaining a healthy weight and consequently an important component of antiobesity efforts. In Wyoming, 12.0% of teens are overweight and 11.1% of teens are obese.

Physical Activity

In Wyoming, 14.0% of students in 9th to 12th grades report that they did not participate in at least 60 minutes of physical activity on any day in hours of TV a day on average (20.6%) and a the past week. However, Wyoming teens were significantly more likely to play on sports teams (62.7%) than teens nationally (58.4%).

Physical Education Classes

education (PE) classes during an average week. Additionally, 78.5% of Wyoming teens did not attend physical education classes five days a week. In general, Wyoming students are not receiving the recommended amount of physical activity classes in school. PE classes are important because of the fitness opportunities they provide.

Screen Time

The American Academy of Pediatrics recommends that teens spend less than one or two hours of screen time a day. About a fifth of Wyoming teens report watching three or more similar proportion (20.4%) report using a computer for non-school purposes for three or more hours per day on average.

Reported Physical Activity of 9th-12th Graders - YRBS 2011



Overweight or Obese*

• Wyoming: 23.1% **National: 28.2%**



60+ minutes of physical activity in past week

• Wyoming: 14.0% **National: 13.8%**



Did not attend PE class in an average week

National: 48.2% Wyoming: 43.7%



Watched TV for 3+ hours per day*

National: 32.4% Wyoming: 20.6%

*Indicates difference is statistically significant

Evidence-Based Strategies

Targeting interventions to address physical activity patterns in teens requires an understanding of what influences teens to participate in such activities. Factors associated with physical activity among adolescents include: gender (male), ethnicity (white), perceived activity competence, community sports availability, parental support, sibling physical activity, direct help from parents, and opportunities to exercise.² Two evidence-based strategies are presented below: one targeting teens through school-based physical education classes and the other through reducing screen time at home.

Strategy: Enhanced School-Based Physical Education

Fact::

 14.0% of Wyoming teens did not participate in at least 60 minutes of physical activity at any time in the past week.

Intervention:

- Curricula changes in physical education focused on 2 items:
 - Changing the activities taught to increase the intensity of the activity and the percentage of class time spent in moderate or vigorous physical activity.
 - Adding health education

Impact: All 14 studies found that students' physical fitness improved. Aerobic fitness increased by a median estimate of 8%.



Thecommunityguide.org: Physical Education

Strategy: Reducing Screen Time

Facts:

- 20.6% of Wyoming Teens watched television for three or more hours every day
- 20.4% of Wyoming teens used computers for three or more hours a day (excluding computer time for school work)

Interventions:

- "TV turnoff challenge" for a set number of days
- Skill building, goal settings, and reinforcement techniques
- Family support through providing information on environmental strategies to reduce access

Impact: Four studies found an average decrease of 0.61 hours of screen time per day. Five studies found modest improvements in weight related outcomes. Three studies found improvements in general sedentary behaviors.

The community guide.org:
Obesity Prevention and Control

What is YRBS?

The Youth Risk Behavior Survey (YRBS) is a surveillance project of the Wyoming Department of Education and the Centers for Disease Control and Prevention. Wyoming YRBS collects population-based data on health risk behaviors among students. Data from this report includes surveys of 9th-12th graders. To learn more about YRBS, please visit: http://www.cdc.gov/HealthyYouth/yrbs/index.htm

References:

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- Sallis, J.F., Prochaska, JJ, & Taylor, W.C. (2000). A review of correlates of physical activity of children and adolescents. Journal of the American College of Sports Medicine.



Public Health Division
Wyoming Department of
Health

Cheyenne, WY 82002 Phone: (307) 777-6921

E-mail: mfhinfo@wyo.gov